

D211 POST: DISTRICT 211 SUMMER FOOD SERVICE PROGRAM RETURNS



As summer and summer school begin for students in the area, Palatine High School (1111 N. Rohlwing Rd.) and Schaumburg High School (1100 W. Schaumburg Rd.) will be participating in the USDA's Summer Food Service Program that offers free breakfast and lunch to all children under the age of 18. This marks the 4th year High School District 211 will participate in a USDA summer meal program, offering a free breakfast and lunch to not only students participating in summer programs, but any child under the age of 18 within the community.

The Summer Food Service Program will operate at both schools from June 4 through July 18, with hours posted on each of the school websites. Additionally, District 211 Food Services will be serving lunch at the Hoffman Estates Branch Library (1550 Hassel Rd. in Hoffman Estates) Wednesdays and Thursdays from June 12 through July 18, with the exception of July 4. Hoffman Estates High School will not be serving meals this summer due to the building being closed for renovations.

"Our summer feeding programs allow us an additional opportunity to provide our students, and children in the community, access to nutritious meals," said Stacy Lenihan, District 211 Director of Food Service. "And, this summer, we're very excited about offering meals at a new location in Hoffman Estates to make things

more convenient for children in our community.”

Although the Summer Food Service Program is not available at William Fremd and James B. Conant High Schools, students will have the opportunity to receive a free breakfast before the start of school and will have access to lunch options at regular rates.

Last summer, more than 50,000 summer meals were served in District 211. In addition to breakfast and lunch options, à la carte options and items in vending machines will be available for purchase. For more information about the Summer Food Service Program, please visit <https://adc.d211.org/page/7125>. Questions should be directed to the District 211 Food Service Department at 847-755-6680, or email foodservice@d211.org.

This institution is an equal opportunity provider.



SUMMER FOOD SERVICE PROGRAM RETURNS

WITH SUMMER SCHOOL

**DISTRICT 211 WILL BE PARTICIPATING IN THE
USDA'S SUMMER FOOD SERVICE PROGRAM**

which allows the District to provide free meals at approved locations throughout the District and is not only available to students participating in summer programs, but any child under the age of 18 within the community

PALATINE AND SCHAUMBURG HIGH SCHOOL

Meals are available **Monday - Thursday, June 4th through July 18th**

HOFFMAN ESTATES BRANCH LIBRARY

will be serving lunch **Wednesdays and Thursdays, June 12th through July 18th**

For more information visit adc.d211.org/page17125.

For questions on Summer Meal Programs, please contact the District 211 Food Service Department at (847) 755-6680 or email foodservice@d211.org.



DISTRICT 211 SCHOOLS PARTICIPATE IN NATIONAL SCHOOL BREAKFAST WEEK



Studies consistently show that eating breakfast helps students succeed in school. Beginning the day with breakfast not only improves classroom performance, test scores and grades, concentration, and provides more energy, but it also decreases behavior problems, tardiness, and absenteeism. Coaches also encourage their student-athletes to observe proper nutrition.

District 211 schools participate in National School Breakfast Week, which is March 6 through March 10, and provides schools with the opportunity to highlight and promote the importance of school breakfast. Each District 211 school promotes National School Breakfast Week in its own way.

Each year the food service department uses National School Breakfast Week to not only highlight the importance of each student eating breakfast daily, but also to demonstrate how our school cafeterias provide a variety of nutritious breakfast meals each morning.

At Fremd High School, students participated in Breakfast with the principal. Other schools participate in Breakfast with the Principal toward the start of the school year. On Wednesday, all schools will serve breakfast for lunch, which includes French toast and sausage or a breakfast burrito. Anyone who buys a breakfast meal for lunch will be entered into a drawing to win a free week of breakfasts. Throughout the week, anyone who purchases a breakfast will be entered to win raffles at each school.

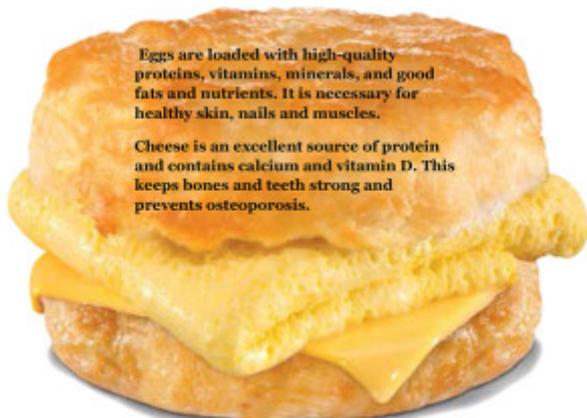
Many children do not have time to eat breakfast at home, or simply are not hungry early in the morning. For many students, eating breakfast at school is the perfect solution. School breakfast is a healthy, nutritious meal and is often more economical than eating at home. District 211 schools offer a hot breakfast or cereal, milk, fruit, and fruit juice for \$1.45 every morning. Breakfast is available before school and throughout most of the morning. During the 2015 – 2016 school year, 228,751 breakfast meals were served in the district.

Because teenagers have special nutritional needs (children gain about 20% of adult height and 50% of adult weight during adolescence), it is crucial they receive proper nutrition. Eating a healthy breakfast helps to provide some of the much-needed calories and nutrients, and research shows that eating breakfast helps prevent teens from becoming overweight.

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. School breakfast provides daily servings of fruit, whole grains, and low fat and fat free milk as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.

For more information, please visit the website [here](#).

DISTRICT 211 PARTICIPATES IN NATIONAL SCHOOL BREAKFAST WEEK, STRESSES IMPORTANCE OF MEAL



Fun facts such as these were posted throughout the week at Hoffman Estates High School.

Although it's stressed in schools, not every student has access to eat a nutritious breakfast to start the day. Some students might skip the meal because they don't realize how important it is. During National School Breakfast Week, schools help encourage and educate students on why they should partake in what is considered the most important meal of the day.

District 211 is participating in National School Breakfast Week outlined by the School Nutrition Association. The week, which started on March 4 and continues through March 8, is to promote the importance of breakfast to students and how it's beneficial not to skip.

"Regardless of where breakfast is consumed, it is truly one of the best ways to start the day," said Lauren Hummel, director of food service in District 211. "Studies have consistently shown that breakfast not only improves classroom performance, test scores, and grades, but also decreases issues related to behavior and absenteeism. Breakfast helps our bodies regulate our metabolism and blood sugar, as well."

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. It provides schools with the opportunity to highlight and promote the importance of school breakfast. The theme this year is “Be a Star with School Breakfast” and showcases how role models such as musicians, actors, and athletes need a healthy start every day to be successful. Even celebrities need to start their day with a healthy and balanced breakfast.



Fremd, Conant, and Hoffman Estates High Schools had their own campaigns to promote eating breakfast. Fremd High School is doing a breakfast with the principal on March 8. Conant High School is conducting a breakfast trivia game throughout the week with raffle prizes. Hoffman Estates High School is offering free fruit with each breakfast and has posted breakfast trivia throughout the cafeteria.



Hummel said District 211 breakfasts are designed to meet guidelines for fat, calories, saturated fat, and other vitamins and minerals. Students are offered a variety of hot and cold options that feature whole grains and various sources of protein in addition to milk and fruit or 100 percent fruit juice.

“District 211 breakfast participation has increased by over 40 percent in the last two years alone,” she said. “Breakfasts may include egg and cheese on a whole grain bagel, low-fat yogurt with a whole grain cereal bar, homemade breakfast burritos and homemade whole grain French toast. However, the all-time student favorite is the chicken on a biscuit sandwich.”

For more information on National School Breakfast Week, please visit the School Nutrition Association’s [website](#).